



You served. Now let the St. Cloud VA serve you.

VA Women's Wellness Fair

Program Highlights

Key Facts

The VA Women's Wellness Fair is being held at the River's Edge Convention Center, Terry Haws Hall C, on Saturday, May 17, 2014, from 9 a.m. to 3:30 p.m.

Free admission; women Veteran participants are encouraged to bring a guest or battle buddy.

Please RSVP at 320-255-6353 to receive lunch; otherwise, no reservations required. Catered lunch includes a sandwich and salad bar.

The Wellness Fair features an *a la carte* menu of small group sessions, presentations, and exhibits throughout the day. A detailed schedule of events will be available at the door. The Wellness Fair features the following attractions:

Fitness Demonstrations

- Zumba (Caryn's Studio)
- Karate/Self-Defense Demonstration (National Karate & Evolution Tae Kwon Do)
- Yoga (St. Cloud VA staff)

Health & Wellness Presentations

- Women's Health, presented by Michelle Pittman-Leyendecker WHNP-BC (Women's Health Clinic Provider)
- Mindful Eating, presented by St. Cloud VA Nutrition & Food Service
- Mindful Art Craft. Design and construct your own Mindful Labyrinth, presented by St. Cloud VA
- Massage, by 360 Chiropractic; Hjort Chiropractic; and Accelerated Rehabilitation Services

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Resource Vendors

Education

St. Cloud State University Veteran Resource Center

St. Cloud Technical College Advanced Manufacturing Education

Higher Education Veterans Program - Minnesota Department of Veterans Affairs

Financial Health

Vicki Lokken-Paverud, Military Program Coordinator, Better Business Bureau

Don Christenson- Great River Financial

Wellness

St. Cloud VA Health Care System

- Women's Health Program

- Telehealth Program

- Wellness Checks

- Enrollment & Eligibility Information

- Voluntary Services

- Vision Impairment Services Team/Spinal Cord Injury/Traumatic Brain Injury

- Caregiver Support Program

- Suicide Prevention Program

- Dental Services

- Audiology Department

- Recreation Therapy

- MyHealthvet

- OEF/OIF/OND Team

- Residential Rehabilitation and Treatment Program

- Homeless Veteran Program

Synergy Chiropractic & Wellness

Good Earth Food Cooperative

Young Living Essential Oils

Project Healing Waters

Foot Support

Odor Eliminators

Sunshine, by Brenda Spain

Employment

Hero 2 Hire

St. Cloud VA HCS Human Resources

Benefits

Veterans Benefits Administration, St. Paul Regional Office

Stearns County Veteran Service Office

Tina & Lena

Hilarious Comedy and Beautiful Music come
together to create Great Entertainment!

Performing For You...

VA Women's Wellness Expo, May 17, 2014

On-stage at 12:30 p.m.



www.tina-lena.com